

Steamed Fish with Italian Aromatics

light, flavourful summer dish



This fresh, healthy meal layers colorful vegetables with seasoned fish, wrapped in a foil parcel and cooked to perfection. The fish steams in its own juices, locking in the bright flavours of lemon, garlic, and herbs - perfect for a light, summery dinner.

Prep Time: 5 minutes. Cook Time: 10-12 minutes.

Ingredients:

- 100g hake fillet
- 60g zucchini, sliced
- 60g tomatoes, diced
- 20g onion, chopped
- 1 clove garlic, minced
- Sliced lemon & lemon juice
- Fresh dill (optional: fresh basil, oregano)
- Salt and pepper, to taste

Method:

1. Lay a large piece of foil flat on the counter.
2. Spoon the vegetables into the center of the foil in a thin, even layer.
3. Place hake fillet on top of the vegetables.
4. Drizzle with lemon juice, sprinkle with fresh dill, and season with salt and pepper.
5. Fold the edges of the foil up and over the

fish like a present, sealing tightly to trap in the steam.

6. Place the foil parcel in the oven or air fryer at 180°C for 8-10 minutes, until the fish is fully cooked and flakes easily with a fork.
7. Open the parcel carefully (watch for steam). Enjoy the fish and vegetables straight from the parcel

Chef's Tip

Save Time with Meal Prep

- **Prepping Ahead:** Layer the vegetables and fish in individual foil parcels ahead of time, and store in the freezer. When ready to cook, simply pop the frozen parcels in the oven or air fryer for a convenient meal.
- **No Oil Needed:** The fish steams in its own juices and the lemon, keeping it moist without needing oil.